‘CLIMATE CHANGE TERRIFIES ME’

TAKE A STAND WITH CHRIS NOTH THIS EARTH DAY. PAGE E2

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Rangers squander Game 2 opportunity

PAGE 24

Shane West gets cheeky about his ‘Salem’ role

PAGES 16-17

Back to nature

Clean living. Metro’s Earth Day guide offers suggestions on how to better green the city, as well as the best spots to get your kids to nature in NYC. **Sustainable.** From an exclusive op-ed about protecting the planet from actor Matthew Modine to local Earth Day events, we provide all you need to know about this week’s festivities.

PAGES E1-E3, 24-25

Becky Wang and Liang Lin show their son Eason Lin cherry blossoms in Prospect Park. / MILES DIXON, METRO

1 NEWS

Top 3

Trending online at Metro.us

1 'Whoopi Goldberg makes her debut as marijuana columnist'

2 'Drake disses Jay-Z during Nets-Raptors playoff game'

3 'Kate Middleton makes fun of Prince William's bald spot'

Today's tweet

"Just in case you were wondering, yes, the New York-based men of OK Cupid are busting out their best Easter puns today."

@ellaceron

Former cop shoots wife dead in Queens: NYPD

Murder. Kevin Canty reportedly shot his wife multiple times in Ozone Park.

A former police officer shot and killed his wife on Saturday while their two kids were in the family's Queens home, police said.

Authorities said that they found Jessica Mera-Canty, 40, with multiple gunshot wounds in her torso inside the Ozone Park home at around 11 a.m. She was rushed to Jamaica Hospital, where emergency workers pronounced her dead on arrival.

Police took her husband, Kevin Canty, into custody soon after. Canty served as a Manhattan transit officer before he retired last year, The New York Times reported on Sunday.

The Times also reported that Canty's children, an 8-year-old boy and a 5-year-old girl, ran from the home to find help. A neighbor took them to a deli near their home on 104th Street.

According to the New York Daily News, police found Canty more than a mile away from the family home, stumbling and drunk.

The News added that once apprehended and handcuffed, Candy repeatedly banged his head against the police car's window.

On Sunday afternoon, police said that Canty was arrested and charged with second-degree murder and criminal use of a firearm.

CHESTER SORIA
@chestersoria
chester.soria@metro.us

Easter Bonnet Parade strolls down Fifth Avenue

The annual Easter Bonnet Parade, kicked off at E. 49th Street and Fifth Avenue on Sunday morning before strutting up to E. 57th Street. The parade has been a New York City tradition since the 1870s. New Yorkers took "Sunday best" to the next level this year, vying to show off the tallest, most colorful and most creative Easter bonnets. The parade continued until 4 p.m. / MILES DIXON, METRO

Investigation

Two young kids killed in deadly fire

A deadly blaze in a Queens home killed two 4-year-olds and injured three others late Saturday.

Police and fire authorities responded to emergency calls about the fire at the Far Rockaway house at about 11:51 p.m.

Emergency workers pulled out five individuals from the fire, including a 4-year-old girl and a 4-year-old boy. Both were rushed to St. John's Episcopal Hospital, where they were declared dead.

Officers said the three others remain in stable condition.

Police called the investigation ongoing.

CHESTER JESUS SORIA

Smack. Borough prez defends Brooklyn after basketball F-bomb

Toronto has been no stranger to controversy lately, but a little off-court tension between rival basketball teams resulted in choice words about Brooklyn.

Shortly before Saturday's playoff game between the Nets and Toronto Raptors, Raptors general manager Masai Ujiri rallied fans outside the Air Canada Centre.

"I got one thing to say before we go into the game," Ujiri shouted into the mic. "F— Brooklyn."

Brooklyn borough president Eric Adams tut-tutted the expletive war cry.

"It's unfortunate that the Raptors' GM felt so desperate facing our Nets that he would throw profanity around discussing our beloved borough, but I can't say I'm surprised," Adams wrote. "After all, Brooklyn is a classier place. Just compare Babs to Biebs, or spend some time with their colorful mayor."

Adams went on to say that he'd rather prove Brooklyn's mettle on the court, offering a Brooklyn Brewery six-pack if Toronto took the game.

ESPN reported that Ujiri reflected on his choice of words at halftime.

"Wrong choice of words out there," Ujiri said. "I apologize to kids out there and to the Brooklyn guys."

The Nets beat the Raptors 94-87. They face off in Toronto again on Tuesday.

CHESTER JESUS SORIA

The Nets defeated the Toronto Raptors 94-87 in Game 1.
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Activists picket Liam Neeson's UWS home

Full gallop. The protestors are angered at the actor's support of horse carriage rides in the city.

Several dozen picketers lined the sidewalk outside of Liam Neeson's Upper West Side apartment building on Saturday to protest the actor's support of the carriage horse industry in Central Park.

The demonstrators — from both PETA and New Yorkers for Clean, Livable and Safe Streets — carried signs accusing Neeson of supporting cruelty to animals.

Neeson has strongly taken issue with the activists' claim that the horses are being mistreated. He appeared on "The Daily Show" in February to criticize Mayor Bill de Blasio, who promised to ban the carriages and replace them with vintage-style electric cars.

"These organizations, they want to put out all this false information about how these horses are treated, and these guys treat the horses like their children," Neeson said on the show.

So far, no legislation banning the industry has reached the City Council.

EMILY JOHNSON
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The activists stood outside of Neeson's building. / GETTY IMAGES

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In Brooklyn

Body found inside plastic container

Police arrested Joshua Simser, 24, after they found a dead body inside a plastic container outside his Brooklyn home over the weekend.

Officials said they received a call that Simser had admitted to killing someone. When they arrived, they found a man inside of a container outside of his home.

Police have not released the man's name.

CHESTER JESUS SORIA

In Chelsea

Woman arrested for attempted kidnapping

Authorities said that a Queens woman behind an attempted kidnapping of an 8-month-old boy was arrested on Saturday.

Police said Tara Anne McDonald, 46, was picked up in Manhattan on Friday.

McDonald faces charges for attempted kidnapping

Last week, police said she tried to grab a baby boy from his nanny in Chelsea.

CHESTER JESUS SORIA

Whole lot of eggs at Rockefeller Center

Some 260 eggs are being displayed through April 25 at Rockefeller Center as the finale of the Faberge Big Egg Hunt that took place in the city over the last month. / GETTY IMAGES

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Hate crime

Charge in attack on Sikh Columbia professor

A man has been arrested and charged with a hate crime after he allegedly pulled the beard of a Sikh Columbia University professor as part of a small mob that called the professor "Osama" before attacking him last fall, police said.

Christian Morales, 20, has been charged with aggravated harassment for his role in the assault on Prabhjot Singh, whose jaw was broken in the attack that happened on the Northern edge of Central Park last September.

Singh, who wears a turban and keeps a beard as part of his Sikh faith, told police he heard a voice call him a "terrorist" and "Osama" before he was beaten.

EMILY JOHNSON

Transit. MTA deal ends two-year pay dispute with workers

New York's Metropolitan Transportation Authority struck a deal to end a two-year pay dispute with a more generous offer to workers than the years of pay freezes it had originally proposed, Governor Andrew Cuomo said.

The MTA, a state-run agency, had previously insisted on three years of pay freezes, but the new deal struck late Thursday evening with the help of the governor's office, which is eager to avoid a strike in an election year, offered an 8 percent pay rise over five years.

That includes two 1 percent pay rises for 2012 and 2013, and then adds 2 percent rises in 2014 through to 2016.

"The resolution of this contract dispute is fair to transit workers, fiscally responsible for the MTA, and will have no impact on fares," Cuomo said, adding that the transit system was the "lifeblood" of New York City.

The agreement offers an 8 percent pay raise. / GETTY IMAGES

The deal will be closely scrutinized by public city workers in New York City, all 300,000 of which are working without a contract due to a dispute with the administration of former mayor Michael Bloomberg, who had also insisted on pay freezes for public workers.

REUTERS

Pre-Kindergarten:
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PHOTOS: Imagine ELC @ Jamaica Kids, Queens / P.S. 63 Author's Academy, Bronx

Children who turn four years old in 2014 are eligible to start pre-kindergarten in September. Thousands of full-day seats have been added in public schools and early childhood centers.

Public school applications are due April 23, 2014.

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Council speaker marks 100 days

Exclusive. Melissa Mark-Viverito talks about the start of her tenure as head of City Council.

While most citywide elected leaders celebrated their 100 days recently, City Hall's second-most powerful voice marked hers a fortnight later than everyone else.

Since Melissa Mark-Viverito was voted in as the City Council's latest steward in the second week of January, she's helped usher in a paid-sick law bill. And in the face of yearly budget talks and a devastating explosion in her own district that claimed the lives of eight of her constituents, she remains focused on the challenges ahead of her.

One bill that the Council plans to tackle head on for the first time, includes a proposal to create municipal IDs that the city's immigrant community would be able to access regardless of residency status.

She called the proposal "truly important" and wants to see it done before the year's end.

The council has already sent five bills to the mayor's desk. One is to secure protections for unpaid interns; another petitions for carbon monoxide detectors in public spaces.

Council members have also oversight meetings on issues such as public housing and Sandy recovery.

"We've done some great work in a short period of time," she said. "We're laying the groundwork on our priorities and how we want to approach it."

Melissa Mark-Viverito
GETTY IMAGES

ID bill

"It'll be the largest [municipal] ID program in the country. We'd be setting a tone and forging a path."
Mark-Viverito

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Boston Strong

Race may bring sense of closure

This year's race could bring a sense of closure for some concerning the attack, experts said.

"Loose ends are a nagging source of stress," said Joseph Tecce, an associate professor of psychology at Boston College, who added that seeing a race go off smoothly could help people overcome their memories of the attack. REUTERS

Boston Marathon trying to shake last year's bombings

Safety. Racers and supporters will face new restrictions, including a ban on backpacks.

Runners, from the world's elite racers to first-timers, will step to the Boston Marathon starting line on Monday for the first running of the world-renowned race since last year's deadly bombing attack.

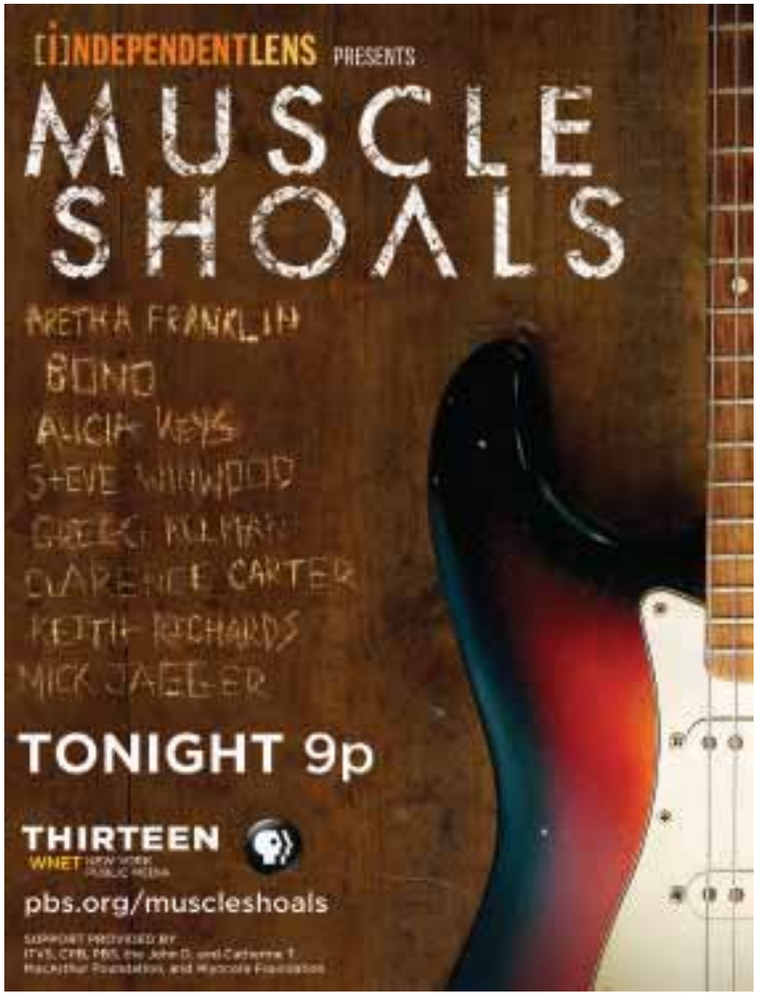
Some 36,000 people, the second-largest field in the race's 118-year history, will set out from Hopkinton, a town west of Boston, for the 26.2-mile race that finishes on Boston's Boylston Street

For the top men and women runners, including 2013 winners Ethiopia's Lelisa Desisa and Kenya's Rita Jeptoo, the focus will be entirely on the competition.

The fans will also be rooting for top U.S. entrants including Ryan Hall of California and Desiree Linden of Michigan, Either could be the first American to stand atop the podium in three decades.

Massachusetts Gov. Deval Patrick on Sunday told CBS' "Face the Nation" that added security measures, including a higher than usual police presence, would assure a "very safe" atmosphere at the race on Monday. REUTERS

Officers with their gunsdrawn.
THE BOSTON GLOBE VIA GETTY IMAGES



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Shattered

Attack shakes fragile peace in east Ukraine

At least three people were killed in a gunfight in the early hours of Sunday near a Ukrainian city controlled by pro-Russian separatists, shaking an already fragile international accord that was designed to avert a wider conflict.

The incident triggered a war of words between Moscow and Ukraine's Western-backed government, with each questioning the other's compliance with the agreement, brokered last week in Geneva, to end a crisis that has made Russia's ties with the West more fraught than at any time since the Cold War.

The separatists said armed men from Ukraine's Right Sector nationalist group had attacked them. The Right Sector denied any role, saying Russian special forces were behind the clash. REUTERS

PRO-RUSSIAN MILITANT
GETTY IMAGES

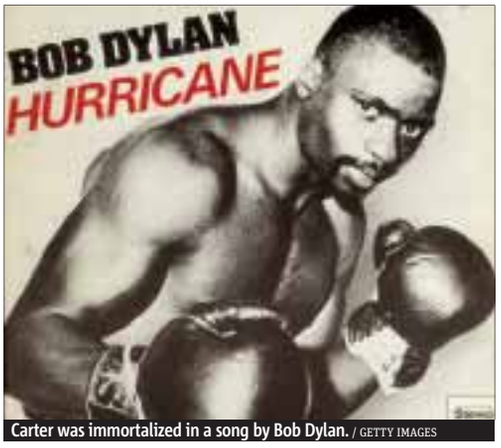
Market volatility

US funds warn of risks from Russia sanctions

U.S. fund managers warned this month of risks shareholders could face from current or future Western sanctions against Russia, underscoring the stakes for emerging-markets investors arising out of the turmoil in Ukraine.

Securities filings since April 4 outlined potential problems for funds including the $124.6 million ING Russia Fund, the $841.1 million SSgA Emerging Markets Fund and a number of iShares exchange-traded funds offered by BlackRock. U.S. securities regulators contacted firms to make sure they were managing risk. REUTERS

Middleweight. Professional boxer Rubin 'Hurricane' Carter dies at 76



Carter was immortalized in a song by Bob Dylan. / GETTY IMAGES

Former U.S. professional boxer Rubin "Hurricane" Carter, who spent 19 years in prison for murder before being released after it was determined he did not get a fair trial, died on Sunday at the age of 76, according to his friend and caretaker John Artis.

Carter was considered a folk hero by many and was immortalized in film and song. He had been battling prostate cancer for nearly three years, Artis said. He died at home in Toronto, where he had been living since he was released from prison in 1985.

"Those who are wrongfully incarcerated lost a champion," Artis said. "He dedicated his life to helping the people that need the same kind of assistance that we needed, who have been wrongfully convicted and incarcerated."

Once a middleweight boxer who earned a world title fight in 1964, Carter is more well known for the turn his life took after he was arrested for a triple homicide in 1966.

That arrest, his imprisonment and the ultimately successful battle to free him are immortalized in the 1975 Bob Dylan song "Hurricane" and the 1999 film of the same name, which starred Denzel Washington as Carter.

Born in 1937 in Clifton, N.J., Carter ran into trouble with the law as a teenager, serving custodial sentences for assault and robbery, and spending two years in the army.

In his 1974 autobiography titled "The Sixteenth Round," Carter writes of his younger years: "The kindest thing I have to say about my childhood is that I survived it." REUTERS

Learning. Behind Brazil's low jobless rate, a quest for education

A boy in Brazil reads in front of his class. As recently as the 1950s, only one in three children attended school at all. / GETTY IMAGES

Brazil's growing prosperity is allowing teenagers to stay in school for longer instead of searching for jobs to support their families, boosting the country's long-term prospects but also causing some economic headaches.

The shift helps explain one of the biggest debates among economists who follow Brazil — why unemployment remains at record lows of about 5 percent despite slow economic growth.

A Reuters analysis of unemployment data found that the share of working-age people "not willing to work" in Brazil's six major cities has jumped by 6 percentage points to 39 percent since 2002.

That is equivalent to about 2.5 million people who have opted out of the work force. By comparison, roughly the same number of Brazilians are classified as unemployed.

Education was for many years a secondary priority in Brazil, as successive financial crises and the need for jobs and food demanded people's attention. As recently as the 1950s, only one in three children attended school at all.

Reforms began to stabilize the economy in the mid-1990s. Starting in 2001, the government started paying families a monthly stipend for keeping their children in school. A broad education reform allowed millions to join private universities and, recently, even go to foreign schools with government incentives.

As a result, it is easy to find students saying they'll be backed by their parents and stay out of the labor market until finishing college at age 23 or 24, five or even 10 years older than their parents when they first started working.

REUTERS

By the numbers

5%

Brazil's unemployment rate, despite slow economic growth

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• Word Press	T, TH	5/6-6/5/14	7pm-9pm
• Coding for Web Development	M, W	5/5/-6/25/14	7pm-9pm
• Illustrator & InDesign	T, TH	5/6-7/10/14	9am-11am
• Quick books	M-TH	5/5-5/22/14	7pm-9pm
• Periodismo y Redes Sociales	M, W	4/28-6/2/14	6pm-9pm

Professional Certificate Programs

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• Teacher Assistant	M, W	5/12-7/28/14	6pm-9pm
• Security Guard 8-hour Course		5/31/14,6/14/14	9:30am-5:30pm
• Security Guard 16-hour Course		6/20-6/21/14	9:30am-5:30pm

Health careers Certifications

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• C.N.A. Morning	M-TH	5/12-6/25/14	9am-2pm
• Phlebotomy	M-TH	5/12-6/25/14	6pm-9pm
• EKG Technician	M, W	5/5-6/9/14	10am-1pm
• EKG Technician	T, TH	5/13-6/12/14	6pm-9pm
• Dental Assistant	M, W	5/5-8/6/14	6pm-9pm
• Dialysis Technician	T, TH	5/6-7/29/14	6pm-9pm

Children's Programing

• Summer Camp	M-Fri	7/7-8/22/14	8am-6pm
• College for Kids	SAT	5/3-6/14/14	9:30am-5pm
• Photoshop tech for Teens	M, W	5/5-6/25/14	4pm-6pm

Language Skills

• English Links/Inglés Intensivo	M-Fri	5/19-7/29/14	9am-1:30pm
• English Links/Inglés Intensivo	SAT	5/3-6/28/14	9am-1:30pm
• ESL/Inglés como Segundo Idioma	M, W	5/12-7/21/14	6pm-9pm
• ESL/Inglés como Segundo Idioma	T, TH	5/13-7/17/14	6pm-9pm

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Civil rights. George W. Bush calls education reform an 'urgent' issue

Inequality in the U.S. education system favors white children over minorities, the poor and the disabled, making it "one of the most urgent civil rights issues of our time," former President George W. Bush said earlier this month.

Speaking to a crowd of students, activists and national leaders in Austin, Texas, his home state, Bush said he fears a return to "the soft bigotry of low expectations" that strips disadvantaged students of a strong education.

Bush was among four American presidents who addressed the three-day meeting, joining President Barack Obama, Jimmy Carter and Bill Clinton to mark a half-century since former President Lyndon Johnson signed the landmark 1964 Civil Rights Act.

With Bush's former Secretary of Education Margaret Spellings in the audience, Bush focused his remarks on education as a cornerstone of Johnson's civil rights reforms.

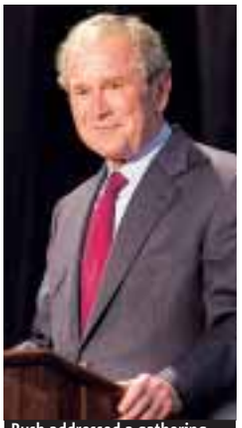
He also defended his administration's attempts to close the achievement gap with the embattled 2002 law "No Child Left Behind," which required schools to bring minority children up to the same achievement levels as white students and used annual assessment tools to track progress.

The law was criticized by some as being an unfunded and unfair mandate on schools, as well as a risk to children who don't test well, among other concerns.

But Bush called it a basic and effective idea that, like most pieces of legislation over the years, "eventually requires adjustment."

"No law is perfect," Bush said. "The problem comes when people start to give up on the goal."

REUTERS



Bush addressed a gathering earlier this month. / GETTY IMAGES

Quoted

"No law is perfect. The problem comes when people start to give up on the goal."

George W. Bush, former president on "No Child Left Behind" law

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1 Reducing car traffic

More pedestrian plazas and bike lanes would help encourage alternatives to carbon dioxide-emitting vehicles, said Steven Cohen, executive director at Columbia University's Earth Institute.

Such initiatives could also make streets safer.

"Let's try to make the city more friendly for pedestrians and cyclists," Cohen said.

Queens Councilman Donovan Richards, who chairs the Committee on Environmental Protection, hopes for an expansion of the NYC bike share program.

2 More parks and green spaces

Increasing parks and public green spaces would benefit New Yorkers, said Emily Nobel Maxwell, director of the NYC Urban Conservancy Program at The Nature Conservancy.

"Access to nature and a clean and healthy environment are fundamental," she said.

Eric Goldstein, senior attorney and New York City environment director at the Natural Resources Defense Council, suggested increasing the budget for city parks and investment in community gardens.

3 Public electric car chargers

Increasing the number of public charging stations may motivate New Yorkers to embrace electric cars, Cohen said.

"Think about parking meters that have charging outlets on them," he said. Parking garages could also be required to have a certain number of chargers.

Goldstein also suggested more chargers.

"It would make it more convent for New Yorkers to purchase or lease electric vehicles," he said.

4 Solar panels on city buildings

Solar panels could be incorporated into city-owned buildings, Richards said.

"I would love to see solar panels in NYCHA housing," he said, adding that CUNY buildings could also be targets.

With solar as an alternative energy source, public housing residents wouldn't be as vulnerable as they were during Superstorm Sandy, Richards said.

"There was no electricity for nearly a month in same places after Sandy," he said.

5 Dunes, levees and other storm protections

As New York rebuilds after Sandy, the city must also focus on preparing for future storms, said Brooklyn Councilman Mark Treyger, who chairs the Committee on Recovery and Resiliency.

"We need to focus on nature-based resiliency measures with proven, tested, effective, man-made structures," he said.

From dune fortification to levees, Treyger is willing to explore projects that have worked in other parts of the world.

Ways to 'green' NYC

Since marking the first official Earth Day in 1970, the Big Apple has gotten greener. But despite what many observers believe is significant progress, more can be done to make New York City more environmentally friendly and resilient to the effects of climate change. Metro asked a handful of politicians and pundits for their ideas to better green the city, setting aside logistics like cost and availability of technology. From parking meters that charge electric cars to free bike share access for school students, here's what they came up with. ANNA SANDERS

More ferries is just one proposal to help green our city and get carbon dioxide-emitting vehicles off the streets. / GETTY IMAGES

6 Free motion sensors to reduce electricity use

The city and Con Edison could form a partnership to install free motion-sensor technology in New York homes, Goldstein said.

"Motion sensors would help all customers turn off air conditioners and lights when not in use," he said.

7 Green infrastructure

Green infrastructure like bioswales, tree pits and green roofs help reduce combined sewer overflow discharges into the city's water.

Maxwell said officials should consider all kinds of property — such as parking lots and subway stations — for green infrastructure projects.

"It's not just unused but under-used properties that we should be putting this stuff [on]," she said.

8 Create a green jobs corps

A green jobs corps could provide economic opportunities to low-income high school graduates while preparing them for environmentally-focused careers, Goldstein said.

He envisions a "comprehensive" four-year qualifying program that would lead to full-time, green city jobs.

9 More ferry service

Additional ferry service between the five boroughs could help the city cut back on carbon dioxide emissions, Richards said.

"I think ferry service to and from JFK Airport would be great," he said.

Richards also says the city should utilize water more often to transport goods, too, helping decrease the number of disruptive trucks in the outer boroughs.

10 An overnight camping trip for public school students

Goldstein said the city, maybe in collaboration with nonprofit organizations, could fund an annual camping trip for public school students.

The trip might give students an early appreciation for nature.

"It would allow them to experience the beauty of our planet first-hand," he said.

PLUS

Earth Day events

Bronx

Earth Day Hike-A-Thon at Van Cortlandt Park
April 26, 9:45 a.m.
Van Cortlandt Park, Broadway at West 242nd Street
www.vancortlandt.org

Brooklyn

Human Impacts Institute's Tree Care
Tuesday, 5 p.m.
Brooklyn Arbor School, 235 South Third Street
www.humanimpacts institute.org

Manhattan

Harlem Earth Day
April 26, 11 a.m.
Morningside Avenue between 113th and 114th streets
www.facebook.com/harlemparktopark

Queens

Earth Day at Alley Pond Environmental Center
Tuesday, 10 a.m.–12 p.m.
228-06 Northern Boulevard
www.alleypond.com

Staten Island

Earth Day Hike
Tuesday, 10:30 a.m.
200 Nevada Avenue in High Rock Park

A green life

Annual Green Festival grows roots in NYC

With the arrival of Earth Week, some 200 local participating companies, vendors and nonprofits are gearing up for New York City's Green Festival, set to take over Pier 94 on this coming weekend.

Amy Goodman of "Democracy Now!" will speak along with "10% Happier" author Dan Harris.

This marks the festival's third year in New York and its thirteenth overall, with planned stops in Chicago, Los Angeles, San Francisco and Washington, D.C., as well.

"At each event the people find a vibrant and dynamic marketplace of the widest selection of green products, services," Green Festivals President Corinna Basler said.

Basler, a vegetarian for 20 years and a vegan for 10, added that the festival aims to promote a healthy lifestyle.

Attendees can take classes in several types of Yoga.
GETTY IMAGES

"It's about inspiring and empowering consumers and communities and businesses to work green, play green and live green.," she said.

A vegan food court and a wine garden will be in place to lure foodies and an eco-fashion show will showcase local designers. The Yoga Pavilion will host classes in several different types of yoga and a children's corner will cater to families with young kids with crafts, stories and puppet shows.

Attendees can vote for New York-based nonprofits and green businesses they believe deserve to win the Green Festival Community Award and Brand Award. The winners will walk away with a $5,000 grant.

Tickets are available on the festival website and cost $10 per day.

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WHY JOIN ME TO PROTECT OUR CLIMATE? BECAUSE IT'S WORTH IT!

Opinion

CHRIS NOTH
LETTERS@METRO.US

In an exclusive op-ed for Metro, Chris Noth shares his passion for Earth Day (which takes place this year on Tuesday). He writes: "Nature fuels our art. Nature feeds our spirit." Read Noth's thoughts on Earth Day, his fear of climate change and how he hopes the perseverance of the American people will help us affect real change.

I'm not too big to admit that climate change terrifies me.

These days I've had to wonder whether the natural systems that we rely on to sustain life on this planet will keep working into my son's generation and his children's generations beyond that.

What frightens me most is not the science — it's political inaction. The world's scientists have warned that we have a finite amount of time to save our climate, and yet we still don't have the political will needed for massive action.

So what do we do? How do we fight this feeling of powerlessness and make any kind of impact on one of the biggest challenges of our time?

This Earth Day, my recommendation may surprise you.

On Earth Day, of all days, it's time to remember why this planet is worth saving in the first place. I'm as urban as any New Yorker, but I've always loved nature. It's not just because we need clean air, water and a stable climate to live, but also because nature gives us poetry. Nature fuels our art. Nature feeds our spirit.

For me, it's always been trees. They are the perfect symbol of resilience, and committing to protecting them is a commitment to stand for something that should last long after we do. Whenever I lose hope, I find myself rereading Robert Frost's poem, "The Sound of Trees." When it comes to climate change, trees are also one of the most important things to protect. That's why I will always support groups like Rainforest Action Network, which dedicate their efforts to protecting our forests and making sure we don't allow big business to destroy the beauty of this planet for profit.

For you, maybe it's not the trees. Maybe it's the ocean, maybe it's a particular animal or maybe it's the smile on your kid's face when he or she gets to play outside. The bad news is, we're seeing a climate tipping point that will impact all of us. But I believe there is no tipping point for American perseverance, for finding the will to get to work despite the odds.

If you also believe the landscape of this country is too beautiful and too important to lose, then join me this Earth Day. It's time to do more — together.

If you go

Chris Noth is a celebrated actor and honorary board member of Rainforest Action Network. Join him to raise funds for the rainforest on June 16 at The Cutting Room (44 E. 32nd St.). Find tickets at www.ran-ecorock.eventbrite.com.

Peter Berman, of Yee's Hung Ga Kung Fu Aca

Best spots

Top 5

Best places to get kids out into nature

1 Pelham Bay Park, Bronx
At 2,772 acres, Pelham Bay Park is the city's largest park. The park features a 13-mile coastline and offers an array of outdoor activities. It is home to harbor seals.

2 Jamaica Bay Wildlife Refuge, Queens
Jamaica Bay Wildlife Refuge is known for birdwatching. According to the city, this wetland estuary hosts more than 325 species of birds.

3 Floyd Bennett Field, Brooklyn
Grab your tent for a night under the stars in Brooklyn. This former airfield is now a public campground that also offers fishing and hiking.

4 North Woods in Central Park, Manhattan
The North Woods is one of the quietest areas of Central Park. According to the Central Park Conservancy, North Woods is designed to mimic a natural woodland.

5 Greenbelt Conservancy, Staten Island
The SI Greenbelt comprises 2,800 acres of natural areas and parkland. It features forests, wetlands, lakes, ponds and streams.

LAURA SHIN
@metronewyork
letters@metro.us

demy, teaches his class on Saturday in Prospect Park. / BESS ADLER, METRO

nature for kids

Learning. Even though the city is a concrete jungle, there are still opportunities for kids to slip away into the great outdoors.

When it comes to kids and nature, most U.S. parents agree: Children should spend more time outdoors.

According to a recent survey by The Nature Conservancy and Disney, 82 percent of parents across the country view spending time in nature as "very important" to their children's development.

"I think parents appreciate what science tells us: that when kids gets outside, they're happier, they're healthier, they're more creative and they're better able to manage the stress in their life," said Bill Ulfelder, executive director of The Nature Conservancy in New York.

The survey found that 65 percent of parents see it as a "very serious" problem that kids are not spending more time outdoors. While preschoolers spend 12 hours a week outside, kids 16 and older spend fewer than seven hours a week in nature, the poll found.

Different factors can be attributed to this trend, such as technology.

"Parents are the number one facilitator of kids getting outside," he said. "When kids want to spend more time outdoors, they're looking to their parents more than other family members or even friends as the key to helping them get outside and have a really good time."

And while technology may be one of the reasons kids stay home, Ulfelder said technology can also help parents figure out fun things to do outside.

So where can NYC parents take their kids?

Fortunately, the five boroughs brim with places to explore nature.

According to the Department of City Planning, more than a quarter of the city's lot area is occupied by parks and open spaces.

Exclusive. 'Don't be a passive environmentalist'

See more at www.metro.us

Earth Day is here again. Why it is recognized only one day a year, like a birthday, is a mystery — and a colossal mistake.

Environmental compassion, if it is to have any tangible significance, requires vigorous minute-by-minute action by each and every human. To do less is like wearing a colorful ribbon to remember the passing of a friend. Sure, there is a sentimental merit, but we know it will not alter the past. Our tears and words will not bring anyone back from the dead. Our planet is not "dying." But human behavior is, with absolute certainty, killing it. Being a passive environmentalist is not only useless, it is almost as if you are doing nothing at all.

Without any exaggeration, our planet, our home, the only one we've ever known, is in dire condition. If you want to argue that human behavior is not directly responsible for global climate change, that is your right. But, let me say, you are an ignorant ass. That's like believing, with the mountains of scientific evidence available, that smoking tobacco won't contribute to cancer.

The population is now over 7 billion. In the history of the planet, there has never been this number of human beings crawling about and devouring the globe's finite resources at an unsustainable and nonrenewable speed. We can no longer ignore the scientific evidence: We either change our habits today or become an incidental footnote in the history of the Earth's billion-year history.

Environmentalism requires a fundamental change of consciousness. We have so many luxuries we take for granted, yet we are unhappy. We always want more. The "American dream" of continual prosperity is really a nightmare of unsustainable growth. But when we fail to get what we want, we feel cheated and depressed. Our interior and exterior environments require a fundamental change of consciousness. Healing the environment must become our daily global skirmish.

Being an environmentalist requires each of us to truthfully acknowledge our own self-destructive choices. We must be personally responsible and accountable for our actions — every day, not just for one day a year.

In honor of Earth Day, actor Matthew Modine contributed this exclusive op-ed for Metro. He admits that it's "not tremendously uplifting," but a call to action must be made if we are going to save the planet.

OPINION
MATTHEW MODINE
letters@metro.us

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CLIMATE CHANGE IS HERE. BE PART OF THE SOLUTION.

MILEY IS SICK, Y'ALL

Even when she's wearing an oxygen mask, Miley is still able to do a duck-face pic. / INSTAGRAM

Miley Cyrus is reportedly so sick that she's had to postpone more tour dates. We know this because she has been sitting in a hospital bed tweeting sad faces while doctors tend to her severe allergic reaction to a sinus infection antibiotic.

An official statement was also released over the weekend, quashing rumors that her hospital stay had anything to do with illegal drugs or depression over her deceased dog. It states that she's allergic to Cephalexin, a medicine that treats bacterial infections.

The 21-year-old singer was admitted to the hospital last week and could be in the hospital for up to three additional weeks. Her team had to postpone Bangerz tour dates in Uniondale, Philly, Pittsburgh, Charlotte, Nashville and Louisville.

Her recovery seems to be going well, though. The pop star was upset she was spending Easter (and 4/20!) in a hospital bed, but she tweeted that she was reading books so she wouldn't "die a famous pop pop dumb dumb" — whatever that means. You're right Miley, it's the "wackiest 4/20 ever."

'X-Men' director Bryan Singer's drama continues

News broke late last week that "X-Men" and "The Usual Suspects" director Bryan Singer is being sued by a man who accused Singer of molesting him in the 1990s when he was a teenager.

The lawyer of 30-year-old Michael Egan said he's filing three more lawsuits today, alleging that three other Hollywood insiders participated in the sexual abuse of Egan, reports PerezHilton.com.

However, Singer says he wasn't even in L.A. or Hawaii, the places his accuser says the incidents took place at the time of the allegations. Sources say the director plans to counter-sue.

Egan says Singer gave him alcohol when he was 15 and offered him a movie role. The claim then says that Singer, who is openly gay, performed a sex act on the boy and allegedly forced him to do the same.

BRYAN SINGER HAS CANCELED PRESS APPEARANCES FOR "X-MEN." / WIREIMAGE

Singer's team calls the lawsuit "absurd," but the director has canceled press appearances for his upcoming movie, "X-Men: Days of Future Past."

2 CULTURE

THE WORD

Christina Paciolla takes on the world of gossip.

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"Salem" is the first scripted series for WGN America, a Chicago-based station that primarily aired

SHANE WEST

The "Nikita" star talks of flashing his butt in WGN America's debut drama.

HEADING TO 'SALEM'

"What I'm learning now is that it's just a time of extreme paranoia," says "Salem" star Shane West. The show airs Sundays at 10 p.m. on WGN America. Blipp this page for more information. / WGN AMERICA

re-runs and Cubs games, and it's a bold one, with violence and sex throughout. The premise here is that witches are real, and the show turns what you think you know about the Salem witch trials upside-down. Shane West is the dark drama's male lead, playing a hardened war vet returning to town.

How much did you remember about the Salem witch trials from history class?

You know, I didn't remember too much, and also being 35, it's

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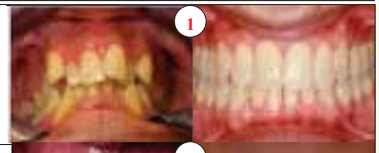

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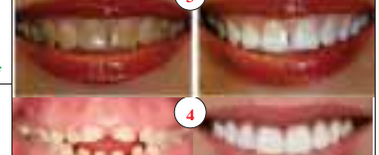

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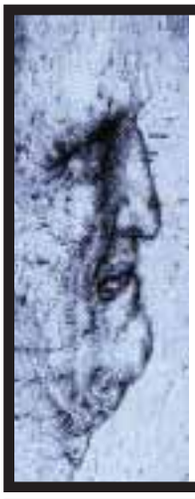

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been awhile. [Laughs] It's one of the most tragic periods of time in our American history, and we all know that. But there were some things I just assumed happened that did not happen back then. One of the biggest things was that a lot of these witches were burned at the stake, and that apparently wasn't true. There were hangings, there was stoning [and] drowning, but there weren't actual burnings.

Were you nervous to sign on to a network that's just coming into its own?
I can totally understand if someone would feel nervous — but for me, no, completely the opposite. Because it was new and because cable is in the process of blowing up, it's great to be a part of that. Yeah, WGN is well known for airing repeats of other shows and being the superstation of the Chicago Cubs, but I love what they're doing. People paid attention to AMC to watch movie classics — they didn't know what the hell "Mad Men" or "Breaking Bad" was, nor did they care, because it wasn't yet a network known for series.

And you're able to be a bit risque on this network.
While still skirting the line though, because we're not HBO or Showtime. You can't show nipple, but you can show butt. We tried to get away with as much as we could while still furthering the storyline, because that's the most important thing.

So does that mean we're going to be seeing a lot more of you?
I may or may not have already shown my butt, which I'd never done before in my career. I've never signed a nudity clause to that extent.

Were you nervous?
I did more squats than I've ever done in my life, but doing a million squats a week before you film is not gonna help your ass. I think you gotta do that for several weeks. You gotta really commit.

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Changing times

Brave new TV network world

WGN America isn't the only network to start taking steps into scripted programming. AMC, as West points out, was known only for broadcasting movies, but has become a home for prestige programming.

It's not too surprising, says Terence Gray, founder of the New York Television Festival. The festival connects independent writers and producers to networks.

"In general, drama and comedy is going through a golden age — and I think some of the things that may have caused that are the viewing habits of the audience and how they can get access to those shows," he says. Options like Amazon Prime and Netflix give viewers the opportunity to catch up between seasons on shows, meaning ongoing seasons of shows can accrue new viewers as time goes on.

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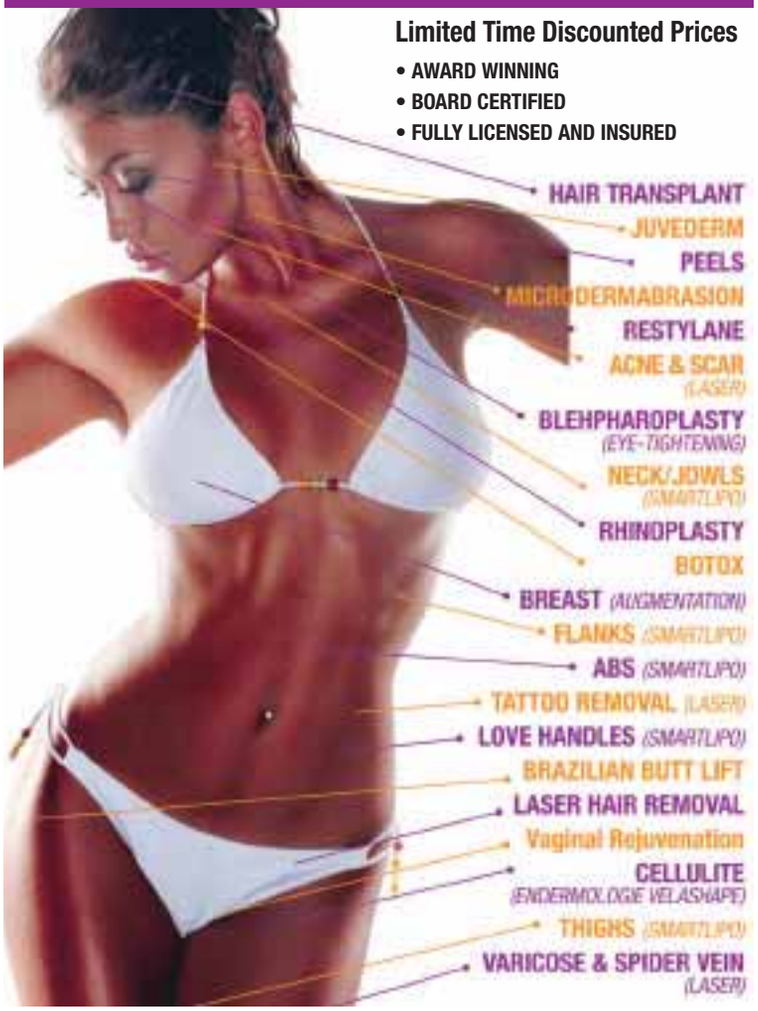

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At the movies. 'Captain America' is still a box office super hero

"Captain America: The Winter Soldier" claimed a third straight box office win, collecting $26.6 million at the domestic box office to beat animated film "Rio 2," which generated $22.5 million in ticket sales.

"Heaven Is for Real," based on a best-selling Christian book about a boy who claims to have witnessed heaven during surgery, was a strong third at U.S. and Canadian theaters with $21.5 million over the Easter holiday weekend.

"Transcendence," the sci-fi thriller starring Johnny Depp as an artificial intelligence researcher, was a disappointing fourth with $11.2 million in ticket sales, according to studio estimates provided by tracking firm Rentrak.

"Captain America," starring Chris Evans as a scrawny World War II reject given super powers from an experimental serum, is the latest superhero hit from Disney's Marvel Studios.

The film has earned a global total of $586 million, including more than $200 million domestically, since it started rolling out internationally on March 26, validating the strategy of distributor Disney to ramp up its pipeline of films featuring Marvel Comics super heroes.

REUTERS

Captain America (Chris Evans) may have turned his back on you, but America didn't turn its back on Captain America. / ZADE ROSENTHAL

Top 3 earners

1. 'Captain America: The Winter Soldier,' $26.6 million
2. 'Rio 2,' $22.5 million
3. 'Heaven Is for Real,' $21.5 million

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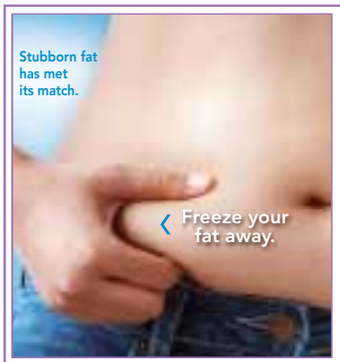

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What you can do now to ward off Alzheimer's

Brain health. Genetics aren't everything.

One of the things we fear most as we age is the deterioration of the mind. The prevailing thought is that there is nothing we can do to prevent Alzheimer's disease, that it is just a product of aging.

That is one of the many misconceptions of Alzheimer's disease, according to Dr. Majid Fotuhi, the author of "Boost Your Brain: The New Art and Science Behind Enhanced Brain Performance." Fotuhi is also a consultant for the "Beautiful Minds: Finding Your Lifelong Potential" campaign and its "America's Brain Health Index," which is a state-by-state measurement of people's brain health.

There are two different kinds of Alzheimer's disease, according to Fotuhi. "The first is 'early onset,' which is the pure form of the disease that destroys," he says. "The other is 'late onset,' which is the combination of six or seven pathologies that affect the brain."

Fotuhi says that late onset is by far the most prevalent (8 out of 10 cases). And because it is a combination of various brain diseases, drugs that are prescribed to treat Alzheimer's don't often work.

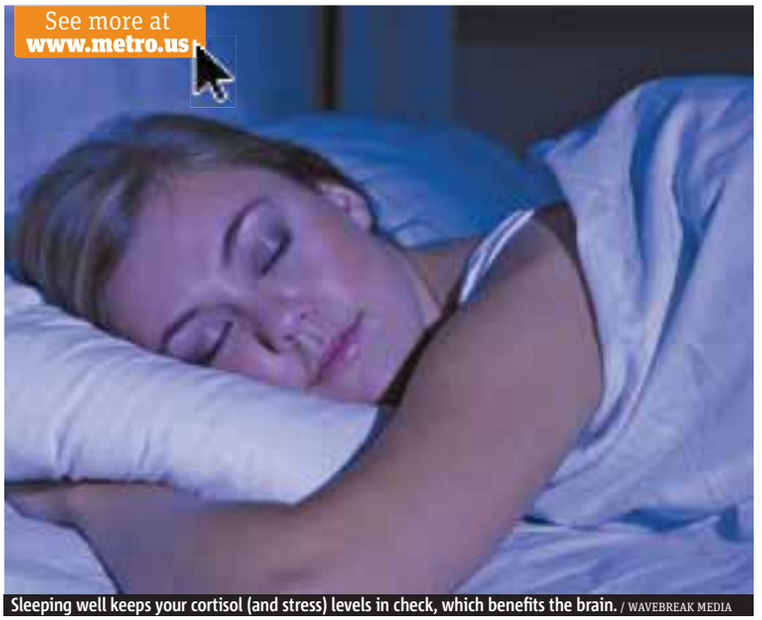
"All Alzheimer's drugs have failed because of mixed pathologies," he says, "Only 20 percent of people will benefit. It's a big mistake to wait for the 'magic drug.'"

So what can we do to stop the onset of Alzheimer's? Fotuhi has some solutions that he says are "like putting money into a retirement fund."

"When you're in your 20s, sleep is very important," he says. "Lack of sleep leads to high cortisol levels, which leads to increased stress."

Fotuhi emphasizes how damaging stress can be to the human brain: "When stress interferes with your daily life, it can destroy brain cells." He recommends meditation as "a simple but powerful way to reduce stress."

He also recommends a heart-healthy diet loaded with fruits, vegetables and seafood.



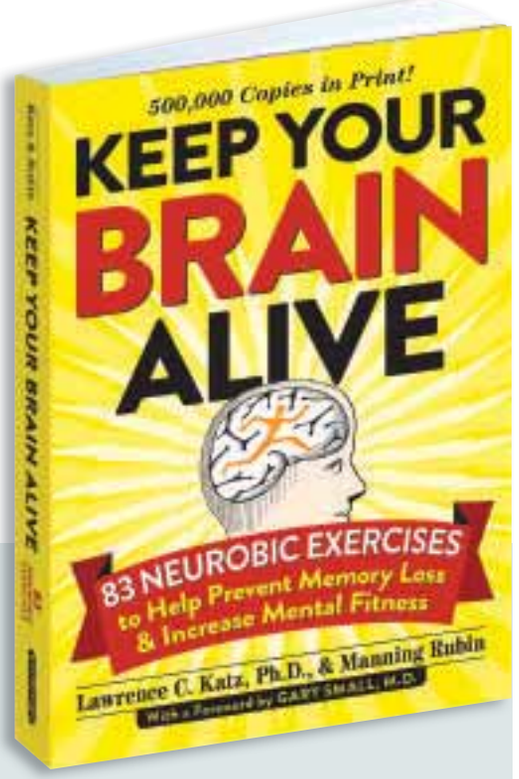
Sleeping well keeps your cortisol (and stress) levels in check, which benefits the brain. / WAVEBREAK MEDIA

New brain book

Exercise your mind

If you're looking to get a head start on warding off Alzheimer's disease, this new book can help.

Dr. Lawrence C. Katz, author of "Keep Your Brain Alive," says that our nerve cell branches, called dendrites, can thin out over time if not used often enough. Katz suggests practicing "neurobics" — exercises for your brain.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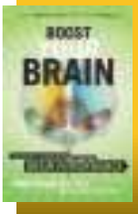
PLUS

Tip

Keep mentally stimulated

As we get into our 30s and 40s, Fotuhi recommends keeping your brain active.



"Life can get repetitive, so cognitive stimulation is important," he says. "On average, the cognitive process slows down at age 27. So it's very important to work on your memory."

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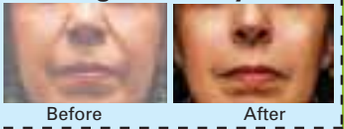
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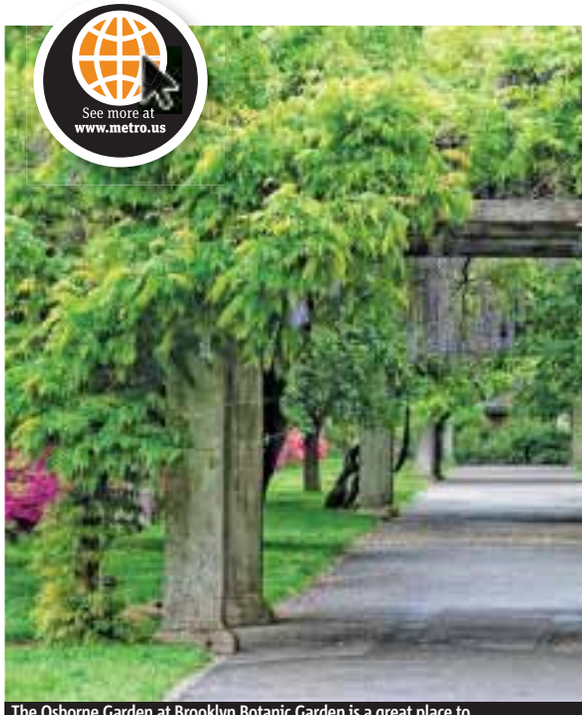
Shhh. Siobhan Wall's new book names New York's noiseless nooks.

In the city that never sleeps, it can be tough to find a moment of zen. Siobhan Wall, an expert on discovering peaceful places in chaotic cities and the author of "Quiet New York," explored every inch of every borough to profile 120 quiet zones.

After becoming partially deaf, Wall discovered that the stress of having to listen to daytime and nighttime traffic can have long-term effects on our cardiovascular system. Her book makes it easy to find beautiful, hidden places in New York where the main sounds are bird songs or the barely audible sound of turning pages in an impressive public library.

Wall narrowed down her five favorite peaceful places in New York City just for us.



The Osborne Garden at Brooklyn Botanic Garden is a great place to escape the sounds of the city. / ANTONIO M. ROSARIO; COURTESY BROOKLYN BOTANIC GARDEN

Brooklyn Botanic Garden

990 Washington Ave., Brooklyn, N.Y., 718-623-7200
"One of my Top 5 places would be the Brooklyn Botanic Garden for the variety of plants and huge trees," says Wall. You can walk through the wild Native American Garden or sit by the tranquil lake of the Japanese Garden. This untamed landscape has something for everyone.

Isham Park

Inwood, Manhattan
Find a moment of rest upon the stone benches overlooking a spectacular view from the top of a steep hill. Wall says, "It felt as if I was on top of the world — children climbing trees, families having picnics on the grass. It seemed very relaxed, as if everyone can forget their cares in this lovely park."

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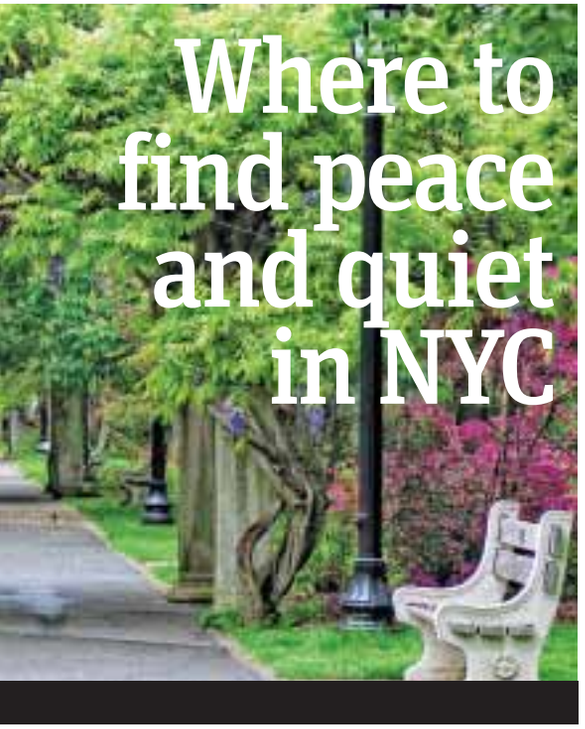

Where to find peace and quiet in NYC

City, but the Chinatown branch is by far the quietest. However, this spot — famous among the locals — can draw a crowd on Friday and Saturday nights. "Not only do they not play music, but the food is cheap and delicious," says Wall.

JENNIFER VALDEZ
@metronewyork
letters@metro.us

Hidden solitude

Irish Hunger Memorial

290 Vesey St.
"[This is] a modern memorial to people who died in the famine, but [it's] very beautiful," says Wall. "Large stones engraved with the names of the Irish counties have been placed in the field." The main attraction is a reconstructed cottage from County Mayo.

Yes, this is actually in the city.
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Leadership. When the news isn't good, make sure the delivery is

In her book, "Lead Positive: What Highly Effective Leaders See, Say and Do," Kathryn Cramer extols the benefits of making employees feel appreciated. We asked Cramer for her advice on keeping your sanity in various uncomfortable work situations.

How can someone cope with being miserable at work?
When you're in a work situation and it's not fitting, you're not as productive and you might be bored. The first thing is not to wait for anyone else to rescue you or change your situation. Also, being able to seek out counsel and advice from trusted peers and mentors is always a good thing to do, as well.

What is the thought process behind changing jobs?
Sit tight until you feel you have the idea, or the kernel of the idea of what you could change. You have to think of results: What happens if you stay, and what are the options if you leave?

How can managers inspire their teams to do better?
A client we had recently was running a call center and the people working were bored and unhappy. So they actually interviewed people and asked them, "What would make a significant positive difference in coming to work?" The top thing they suggested was exploring the "why" behind the "what" — supervisors were explaining what they wanted the team to do, but not why they wanted to do it. Making that simple shift helped the call center people feel like they were part of the action. **JULIA FURLAN**

When giving feedback, in-person is always best. / WAVEBREAK MEDIA

The three rules for giving feedback

Face to face is best

The best feedback is in person. Having another human being briefly applaud your behavior is so rare and powerful.

Over the phone is OK

The second best way to give feedback is by phone, because the person can hear the intonation in your voice.

Everybody hates email

If an email delivers positive feedback, at best we receive it and take it for granted and don't give it the proper weight. The truth is, it just doesn't fit in the same way as by voice or in person. It just goes by the wayside with all the rest of the many emails one gets in a day.

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Horoscope

♉ Taurus | April 21-May 21. After working hard, you deserve some downtime to relax. A day of pampering would help prepare you for your next challenge.

♊ Gemini | May 22-June 20. Don't take unnecessary risks. Stick to conservative investments.

♋ Cancer | June 21-July 22. Let someone special know how you feel. A truthful dialogue will strengthen your relationship.

♌ Leo | July 23-Aug. 22. You will be pleasantly surprised if you choose to join a serious-minded organization. Your list of accomplishments and hard work will make you proud.

♍ Virgo | Aug. 23-Sept. 22. Although you may have several interests in common with a new acquaintance, take time to explore possible problems before you make a promise.

♎ Libra | Sept. 23-Oct. 22. Avoid unpleasant confrontations. Accomplish goals that will build your confidence.

♏ Scorpio | Oct. 23-Nov. 21. Your curiosity will be stimulated by exotic destinations. Even if a trip is not possible, there are many cultural activities to quench a thirst for knowledge.

♐ Sagittarius | Nov. 22-Dec. 21. Don't let another's opinion be the reason for a change in your career direction. Do what's best for you.

♑ Capricorn | Dec. 22-Jan 20. Turmoil is likely to disrupt your personal life. Take a step back and re-evaluate your current situation.

♒ Aquarius | Jan. 21-Feb 18. You will have a much better chance of reaching your goal if you keep your plans secret.

♓ Pisces | Feb. 19-March 20. Focus on social or humanitarian events that you feel passionate about. Your persistence and dedication will enable you to persuade others to join the cause.

♈ Aries | March 21-April 20. You may be frustrated, but don't let problems at work interfere with your home life. Whatever the issue, do your best and keep your environments separate.

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Sudoku: Easy and hard

1					4		8	
2				5			7	1
		5			6	9		
5	9	7						
	8		1		3		5	
						4	2	9
		4	8			1		
7	5			2				4
	1		7					2

	2	5			9	6		
9	4		8		1		3	
6								
		2	1					
1	5		3		6		7	9
					4	5		
								6
	1		5		2		9	3
		9	6			8	2	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Pot study credibility in the toilet

As with all correlational research, we must ask whether the marijuana usage caused brain differences or whether brain differences caused reckless, illegal and self-medicating behaviors. I'm sure that the same results of this government-sponsored study would be found for alcohol, tobacco and countless prescription drugs promoted by "big pharma." These industries have lobbied for more than 50 years to maintain the status quo. It is no surprise, since they have the most to lose from an honest portrayal of marijuana.

ART BURNS, VIA EMAIL

Crossword answers make compelling fiction

Re: Crossword (Metro, daily) Picture John Glenn, leaning on an olla and wearing a kepi, drinking asti spumante and dreaming of Uta, who was riding an umiak from Orly, manned by the Laird Ian and an emir named Iago, between the Urals and an ile on the River Oise. Kwai? Kwai not.

DAVE C. APPLEBY, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Online

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Crossword

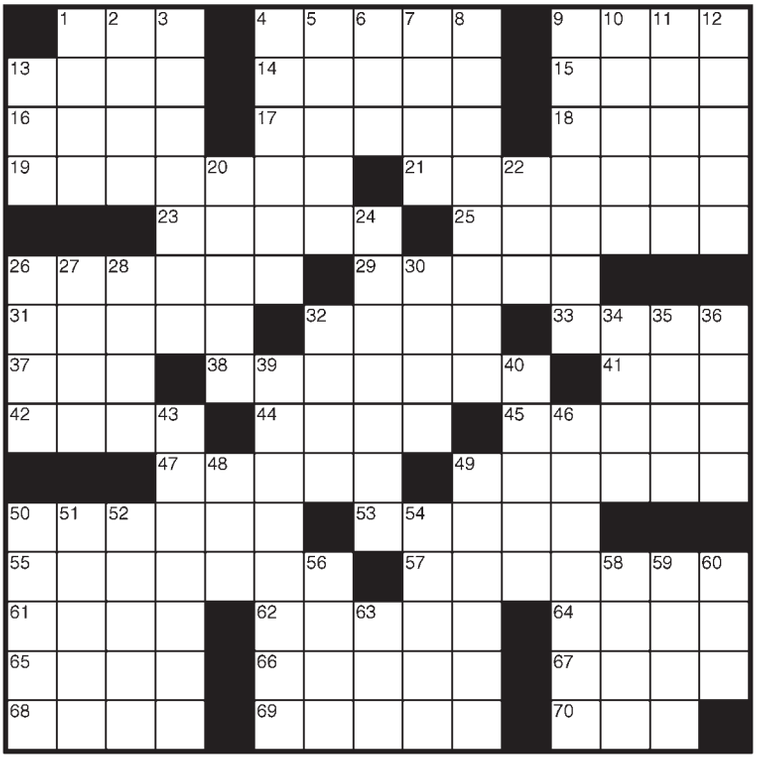
Across

1 Future bks.
4 Rub
9 Clancy's Jack —
13 Thin gold layer
14 Raw rubber
15 Seine feeder
16 Mr. Kazan
17 Small land mass
18 Plateau
19 Leftover fabric
21 Short verse
23 Stick-on design
25 Familiar with (2 wds.)
26 Charm
29 Burning desire
31 Maine campus site
32 Complimentary
33 Save a coupon
37 Lime cooler
38 Accurate
41 E. Lansing campus
42 Alan or Cheryl
44 Shaman's quest
45 Censor
47 Ms. Barkin of films
49 Persuades
50 Costa — — (Spanish riviera)
53 Adventure tales
55 On the rocks rock (2 wds.)
57 Postpone (2 wds.)
61 Ruler of Venice
62 Seaweeds
64 Heavy metal
65 — Bator
66 Thorax
67 Ancient ointment
68 Throw snowballs
69 Wind catchers
70 "You don't say!"

Down

1 Marathon unit
2 Sylphlike
3 Stunt man (hyph.)
4 Boxing hold
5 "— luego!"
6 Maj. ocean
7 Altitude measure
8 Squeezes out
9 Tot's outfit
10 Bond return
11 Debit's opposite
12 Groovy
13 Eur. country
20 Fable writer
22 Word form for "equal"
24 Theft
26 Paddock youngster
27 Wagner's Earth goddess
28 Nailed obliquely
30 Bronco "brake"
32 Wife, to a lawyer
34 Taos loc.
35 "Gotcha!" (2 wds.)
36 Litter members
39 Price reduction
40 Piano-key wood
43 Landing phase
46 Durable
48 Gehrig of baseball
49 Vinegar bottles
50 Wrapped a gift (2 wds.)
51 Quebec school
52 Aboveboard
54 Belittle
56 Pre-college
58 Latin hymn word
59 Hoarder's cry
60 Goal
63 Fetch

Thursday's answer



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3 SPORTS

Farnsworth in

Mets name new closer

Manager Terry Collins announced Jose Valverde is out as closer and Kyle Farnsworth is in. Valverde allowed three runs on a homer by Justin Upton in a non-save situation Saturday night. Farnsworth lowered his ERA to 1.08 after a scoreless inning in Sunday's 4-3 win in 14 innings.

Rangers let chance slip away in second

NHL playoffs. The Flyers evened up the opening series with two goals in the second period against New York.

All the Rangers had to do was hold serve in a raucous Madison Square Garden — roaring in anticipation of putting a hated rival in a 2-0 series hole after Martin St. Louis and Benoit Pouliot both found the back of the net in the first 10 minutes.

But everything they worked for vanished in the span of a period.

"They came back and got the momentum from us and we just couldn't respond," Derek Dorsett said after the 4-2 Game 2 loss.

Jason Akeson, whose high stick on Carl Hagelin in Game 1 led to two Rangers power-play goals, tied the game at 2-2 when he banged a power-play goal past Henrik Lundqvist (21 saves) at 5:45 in the second. Luke Schenn scored the game-winner on a delayed penalty six minutes later when he backhanded an Adam Hall rebound past the Rangers' goaltender.

"In the second period — this game can be funny sometimes — I thought it was our best period," coach Alain Vigneault said. "We had some Grade-A chances, our power play had some great looks and they scored two and we didn't. At the end of the night that was the game. Give them credit. ... When the other team makes mistakes you have to make them pay, and tonight we didn't."

DENIS GORMAN
@DenisGorman
sports@metro.us

Henrik Lundqvist was not at his best in Game 2, allowing three goals, including one to Jakub Voracek late in the first period. / GETTY IMAGES

Quoted

"That's a huge weight off our shoulders, to come here and get the split."

Luke Schenn, Flyers defenseman, on earning a split at MSG with Sunday's 4-2 victory

What went wrong

1 Speed trap
The Rangers excelled in using their speed to back off the Flyers' defense and force Ray Emery into moving side-to-side in Game 1 and the first 10 minutes of Sunday's Game 2. Then, inexplicably, the Rangers went away from what had been highly effective, and in doing so, allowed both the Flyers and their backup goaltender to gain confidence.

2 Avoid the scrum
Following the Game 1 win, the Rangers stressed the importance of staying disciplined against an opponent who would goad them into post-whistle scrums and penalties. Sunday afternoon, the Rangers allowed the Flyers to bait them into extracurriculars. Mats Zuccarello and Derek Dorsett were penalized for diving, while Dominic Moore was assessed a two-minute minor for unsportsmanlike conduct in the second period, and Ryan McDonagh and Martin St. Louis engaged Claude Giroux and Jakub Voracek in separate post-whistle wrestling matches in the third.

3 Where's the king?
One of the truisms over these last nine seasons has been Henrik Lundqvist would be there to clean up mistakes made by his teammates. Even though he wasn't the reason the Rangers' lost Game 2, Lundqvist was decidedly mediocre in allowing three goals on 24 shots. **DENIS GORMAN**

Bad news

Nova to DL with partial tear in UCL, waiting on surgery

Yankees fans will now become familiar with a process Mets fans are all too sadly used to.

Yankees starter Ivan Nova was diagnosed with a partially torn UCL in his throwing elbow Sunday. He was immediately placed on the 15-day DL.

The team will send Nova back to New York for an examination by team doctors before deciding whether Tommy John surgery will be necessary.

Mets pitchers Matt Harvey, Bobby Parnell and Jeremy Hefner went through the same process within the past year. All settled on going under the knife.

"It's really unfortunate," manager Joe Girardi said, acknowledging surgery was the norm. "It's a guy that obviously we were counting on pretty heavily this year." **MARK OSBORNE**

Nova has allowed an AL-leading six homers in 2014. / GETTY IMAGES

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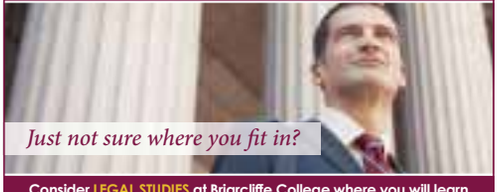

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Legal Notices

NOTICE IS HEREBY GIVEN that a license #TBA for Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 88 University Place a/k/a 24 East 12th St., NY, NY 10003 for on-premises consumption. Chipotle Mexican Grill of Colorado, LLC

NOTICE IS HEREBY GIVEN that a license, Number 1274275 for Beer & Wine has been applied for by the undersigned to sell Beer & wine at retail in a Health/Fitness Club Facility under the Alcoholic Beverage Control Law at 26-50 Brooklyn Queens Expressway-West, Queens, NY 11377 for on-premises consumption. Huntington Fit Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1266110 for a Class Change from Restaurant Wine & Beer (RW 341) to On Premise Liquor (OP 242) has been applied for by the undersigned to sell Wine, Beer & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at: 522 Hudson Street, New York, NY 10014 for on-premises consumption. Rustic Table LLC d/b/a The Quarter.

Legal Notices

NOTICE IS HEREBY GIVEN that a license, Number 1277579 for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 928 60th Street, Brooklyn, NY 11219 For on-premises consumption. IPot Café Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1277459 for On-Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 722 Brighton Beach Ave, 2nd Fl, Brooklyn, NY for on-premises consumption. AAA Billiards Corp

NOTICE IS HEREBY GIVEN that a license, Number 1277547 for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 245 West 38th Street, New York, NY for on-premises consumption. Sabor De Espana LLC

NOTICE IS HEREBY GIVEN that a license, Serial # 1277613, for Liquor, Wine & Beer has been applied for by the undersigned To sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 750 Grand St, Brooklyn, NY 11211. Kings County, for on premise consumption. BK Sports LLC

NOTICE IS HEREBY GIVEN that a license, No. 1276760 for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 54 7th Ave. Brooklyn, NY 11215 for on-premises consumption. Krishnaya Inc. d/b/a Sanskriti Indian

NOTICE IS HEREBY GIVEN that a license Number Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at: 90-01 31st Ave. East Elmhurst, NY 11369 for On-Premise consumption. Las Delicias De La Casa Colombiana, Inc.

NOTICE IS HEREBY GIVEN that a license #TBA for Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 7 East 54th St. New York, NY 10011 for on-premises consumption. ATO Restaurant Associates LLC

NOTICE IS HEREBY GIVEN that a license, Serial # 1277466, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 20 Pearl St. Brooklyn, NY 11201. Kings County for on-premise consumption. The Sevenn Group LLC.

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■ **I was skeptical.** I bought a box and it worked as advertised. Within a week I had relief. *Howard Toy, 69, Henderson, NV* ■ **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. *Angus Pike, Oshawa, ON*

■ **I am truly amazed and relieved.** After 2 weeks I no longer have to get up during the night. I'm enjoying a normal sex life again. I hope a lot of men with a pride issue give this tea a shot. It's difficult to express how delighted I am. *Clarence A. Rehrig, 58, Allentown, PA*

■ **Know the truth.** This is my third year of drinking the Ezee Flow Tea. I highly recommend it. A real life saver. *Thomas M. Thurston, Forsyth, GA.* ■ **Women** suffering with incontinence, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

#26

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■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. Irene Surridge, 67, Owen Sound, ON ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY.* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

CLEAR SKIN

#60

Dr. C. Hammoud, Master Herbalist, PhD, guarantees satisfaction. Helps to maintain healthy skin from the inside simply by cleansing the blood, instead of attacking the skin from the outside with creams or washes. *This makes sense. Usually you can see how it benefits your skin within days. *Many people wrote they were surprised how fast it worked. Lots of testimonials from pleased users on our Bell website. There is absolutely no risk for trying Dr. Hammoud's product.

■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY.* ■ **It worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60,New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA*

■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON*

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#23

SNORING?

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48%of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY*

■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53,Gardendale, AC*

■ **3 Years on Bell Sound Sleep** #23. My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC*

■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS*

■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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